



## **Why is it important to be active?**

Health benefits of consistent exercise are endless for individuals of all ages. Moderate daily exercise will improve health in the following ways:

- Help control weight.
- Reduce risk of premature death from heart disease.
- Cope with arthritis.
- Reduce risk of diabetes.
- Decrease high blood pressure or reduce risk of developing it.
- Help older adults gain strength, fight osteoporosis, and enhance ability to be active without fear of falling
- Help maintain proper cholesterol levels.

## **Changing small habits within current lifestyles can assist in gaining fitness.**

- Instead of driving to the post office, take a walk.
- Take the stairs, not the elevator.
- Do your own chores: mowing, raking, washing the car, or cleaning the house.
- Cut down on television viewing and enjoy the outside.